

BISMARCK MUSEUM-ROBBED.

Lock of Washington's Hair Is Among the Articles Stolen. Daily Mail reports: "Burglars broke into the Bismarck Museum at Schenckhausen-on-the-Rhine last week and stole personal relics of the 'Iron Chancellor' worth \$15,000. Among the articles taken were a gold medal which surrounded a glass covered lock of George Washington's hair and a pair of watch worth \$10,000, presented to Bismarck by Porfirio Diaz."

THE TRUTH. (From the Washington Star.) "What is the distinction between an optimist and a pessimist? The optimist says 'There isn't any.' The pessimist says 'There are on different occasions.'"

Get Rid of Fat Where It Shows

Do you realize that nothing but good substantial food and plenty of it will build muscular energy and that you must eat and eat heartily in order to retain your strength? Dieting weakens you and over-exercise tires you because the former retards the



development of muscular energy and the latter consumes too much of it. That is why you find the old-fashioned method of fat reduction such a hardship. Why not get rid of your excess fat in the harmless, scientific, easy way by taking a harmless Marmola Prescription Tablet after each meal and at bed time? Marmola Prescription Tablets are prepared in exact accordance with the famous Marmola Prescription, are perfectly safe to use and have been used by hundreds of persons in this country and Europe with wonderful success. Within a few weeks time you can be getting rid of from ten to fifteen ounces of fat a day. No starvation diet or tiresome exercises are needed. You can be comfortable and you can enjoy the food you like and want. Even after taking off many pounds there will be no flabbiness or wrinkles remaining, and you will feel 100% better. Any good druggist can supply Marmola Prescription Tablets at 75c per case or they will be mailed direct in plain wrapper and post paid if you send the price to the Marmola Company, 25 Monroe Ave., Detroit, Mich.—Adv.

Obesity Reduction Course For Women

QUESTION AND ANSWER COLUMN

By Pauline Furlong



Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.

Why Nature Makes Fat.

Copyright, 1916, by the Fross Publishing Co. (The New York Evening World.)

As we grow older a slight increase in weight may be noticed, and this extra fat is just nature's way of conserving the heat and energy which is so rapidly lost in old age and so slowly renewed. This does not mean, however, that one may acquire a large stomach, rolls of fat around the hips, abdomen and breast and a heavy double chin, and be satisfied with the idea that they are to expect this condition in middle life. On the contrary, while we know that a certain amount of fat is possessed by all persons, and that it plays an important part in the composition of the body, any amount in excess of what the system actually needs to keep it healthy, plump and symmetrical is unnecessary and must be considered as superfluous flesh and unhealthy, inert tissue, for which the body makes no provision.

Pounds which add fat to the system consist of oils, from animal foods and even some vegetables, such as sweet potatoes, artichoke, parsnips, olives, buckwheat, Indian corn, and most all kinds of nuts, especially walnuts and coconuts. The animal fats are found in pork, bacon, goose, milk, cream, cheese, butter and the yolks of eggs, and these fat making foods should be eliminated from the diet of those who would reduce weight.

POUNDS WHICH ADD FAT TO THE SYSTEM consist of oils, from animal foods and even some vegetables, such as sweet potatoes, artichoke, parsnips, olives, buckwheat, Indian corn, and most all kinds of nuts, especially walnuts and coconuts. The animal fats are found in pork, bacon, goose, milk, cream, cheese, butter and the yolks of eggs, and these fat making foods should be eliminated from the diet of those who would reduce weight.

LETTERS FROM READERS. WANTS DEVELOPING LESSONS—A MAN HEADS: "Please tell me how I may obtain your developing series. I am desirous of obtaining them because a friend of mine has followed your obesity course and lost fifty pounds."

In three months if the developing lessons will do as much for me I shall be delighted. Send forty-eight cents and ask for the developing course.

TO REDDEN THE HAIR—MRS. EDITH M. and others ask: "Please give complete directions for making the hair bronze or red with henna. Will it redden gray hair?" Henna paste reddens any color hair. Get the henna powder and mix to thick paste with hot water. Keep the mixture hot over a double boiler. Give the hair a complete shampoo with castile soap and water and rinse out all traces of the soap. Dry the hair well. Next apply the paste with a tooth brush to small strands of hair and allow it to saturate the strands thoroughly. Roll each strand in a small knot on the top of the head. When the entire head of hair is saturated with the paste, roll a hot towel around it to keep the heat in. This is most important, as the paste must be kept hot. Leave on about half an hour. Longer for a redder shade. The addition of a little lemon juice makes the hair a much lighter color. Wash out the paste with another shampoo, using melted castile soap and a strong spray of hot water. Then use cold water and dry hair in the sun. Vegetable and harmless.

LIQUID ROUGE—MARGERY T. writes: "Will you please print a formula for a liquid rouge?" The following liquid rouge is harmless. One ounce, powdered carmine, one ounce, mix these two and let stand, tightly corked, for two weeks, then add two cups of pure white wine vinegar. This is the well known vinaigre de rouge. If you practise outdoor exercises, and especially deep breathing ones, you will not need rouge for cheeks or lips.

BUTTERMILK—MRS. HENRY T. S. writes: "Will buttermilk bleach the skin and is it harmless to use?" Buttermilk is harmless and beneficial to the skin, and also good for the complexion if taken internally. It is nourishing and not fattening. It is astrigent when used externally and will slightly bleach and tighten skin, loose skin.

WANTS MEASUREMENTS—MRS. ELWARI P. writes: "Will you please print my correct weight and measurements? I am 5 feet 1 1/2 inches. I have been trying your wonderful exercises and can master all of them with ease but the trunk raising one. This caused me to strain the abdominal muscles for more than a week, so I have been afraid to try it again, because you tell us to avoid over-doing the exercises if they are not easy for us to do. Please also state if the exercises should be taken without corsets. I am asking this question because I would be able to give ten minutes or more during the day if I could perform them with a corset on." Five feet one and a half, 115 pounds; chest, 33 1/2; bust, 34; waist, 25; hips, 36; thighs, 21 1/2; calf, 13 1/2; ankle, 7 1/2. By all means take the exercises with-

out the corset. If you brace the feet under a heavy piece of furniture, to lend support, you can master the trunk raising.

DOUBLE CHIN—MRS. S. J. asks: "Would you please tell me what exercises I could take to double chin? Also state how to make the skin around and fasten to use? I am five feet eight and a half. What should I weigh?" Bend the head backward, forward and from side to side, twenty-five times each way every day for months to get results. It is not easy to remove double chin, and you must be patient. Use cold cream solution often. Make a firm tea spoonful of powdered alum and one pint of hot water. Shake often, and after twenty-four hours, strain and use cold. Wear the rubber chin strap at night. It holds up the sagging jaw, causes profuse perspiration and reduces the superfluous fat on chin. It also prevents mouth breathing and sneezing. You should weigh about 155 or 160 pounds.

GLUTEN NOODLES—"How can I make gluten noodles, when you say you are not fastening and can be used like macaroni?" These come ready-made at most any grocery store. They are not fattening.

PERSPIRING ARM PITS—"Please give a harmless formula for perspiration under the arm. As warm weather comes on I am troubled with this and it is very annoying." Rub the arm pits with soap and water and apply at least twice a day and then water a little of the following mixture: Alcohol, one pint; salicylic acid, two drams. This will also remove disagreeable odors from perspiration.

HIS TEETH BIT HIM. Morgan's False Ones Severed Throat Tissues, and He Died.

WINNEPEG, Man., April 11.—Last month P. T. Morgan was taking a nap one afternoon. He was lying on his back and his mouth was open. A battalion of troops marched by his home, and suddenly the bullets blew several teeth loose. Morgan jumped up quickly, and his false teeth lodged in his throat. An operation to remove them was successfully performed, but the teeth had severed tissues in his throat which refused to heal. Physicians made every effort to save his life, but Morgan died to-day.

News Oddities

SEABROW. Caught about four and a half miles from shore. Five boys.

SELF-DEFENSE. Is self-defense only when you can run away. New Jersey Supreme Court decides.

SIN FOOTER. Philadelphia John Webster, a center holding his five-foot spouse was too afraid to be "tried."

MAYOR OF Salsdusky makes four and six in judgment in stores of accused.

LIGHT VOTE IN IOWA. DES MOINES, Ia., April 11.—Early returns from the Iowa Presidential preference primary today indicated that only about 25 per cent of the registered vote was cast. Neither regular Albert S. Cummins nor Woodrow Wilson, Republican and Democratic Presidential candidates, was expected to receive a majority.

Richard B. Whittemore, Dead. Richard Black Whittemore, who for nine years was a member of the New York Stock Exchange, is dead in his home, No. 136 Prospect Park West, Brooklyn. He was born in Manhattan July 15, 1875. His funeral will be held to-day in the Church of the Holy Communion, Sixth Avenue and Twentieth Street, Manhattan. The interment will be made in Sleepy Hollow Cemetery, Tarrytown.

ARTISTIC RESENTMENT. (From the Richmond Times-Dispatch.) "Graphs—Why do those two politicians dialle each other so heartily?" "Because—each is a professional politician. In the latest political drama each of them cast himself for the role of victim. He was wrong, and each of them had a more finished performance than the other."

ASK EGG HARBOR RULERS TO TALK GOOD AMERICAN

Younger Element Objects to City Council Doing Business in German Language.

ATLANTIC CITY, N. J., April 11.—Egg Harbor, a fishing wine producing village near here, is engaged in a controversy resulting from the patriotism of a younger faction of citizens who have demanded that the City Council stop conducting their meetings in the German language. This has been the custom for a quarter century. The city is largely populated by German-Americans, and the older citizens resent the efforts of the young men to bring about the change. The matter has now been inserted into politics, and a lively tussle is in progress.

THE WISCONSIN IDEA. Martin Holkered of Moscow, Wis., walked seventeen miles to court when summoned to serve as a petit juror.

If Too Fat Get More Fresh Air

BE MODERATE IN YOUR DIET AND REDUCE YOUR WEIGHT. TAKE OIL OF KOREAN.

Take of fresh air, it is well known that fresh air is the best medicine for the obese. The obese person should get out into the open air, breathe deeply, and walk briskly. The fresh air will help to reduce the weight. The oil of Korean is a natural product and is well known to be a powerful fat reducer. It is a natural product and is well known to be a powerful fat reducer. It is a natural product and is well known to be a powerful fat reducer.

SPECIAL OFFER

22-KARAT GOLD CROWNS \$2

SOLID GOLD BRIDGE WORK \$2.00

FULL SETS OF TEETH \$3

HUDSON DENTAL PARLORS 2021 5th Av., S.E. Cor. 125th St. NEW YORK. We have an extensive stock of all the latest dental work at such a low price with a money guarantee.

PHONE PIONEER MAIN 6900 Our 37th Year. 41 FLATBUSH AVE. BROOKLYN, N. Y. RUGS, CARPETS AND DRAPERIES CLEANED, STORED AND MOTH-PROOFED Under Guarantee Against Fire, Moths or Theft. CARPET CLEANING 5¢ PER YARD ALL GRADES CALLED FOR & DELIVERED

"Paris has sent us New Models for Easter" Easter Millinery of Distinction. Copies of Maria Guy, Reboux, Lewis and others that faithful, render the charm of the Originals. The Paris Milliners have outdone themselves in the new models which they have just sent us. These hats are truly new in style and delightfully different. Dammy porcelain flowers, double brim effects and hats of Real Hair are a few of the present day whims of Dame Fashion. They, and many others, exquisite and fashionable, are in the collection now on display in the Salons on the Second Floor. The hat illustrated above is a large soft Capeline effect with a double brim of pink French crepe and a black velvet crown. This was designed by Maria Guy and cost \$70.00. Our copy, correct in design and quality, \$19.89. Other hats copied from our new Paris models in most charming effects to go with your new Easter Gown. Summer Hats in light colors, trimmed with Porcelain Flowers, or made of Pastel Shades in Real Hair, are priced at \$10.89, \$20.89 and \$25.50. Second Floor, Broadway. Herald Square R. H. Macy & Co. New York

HOME OUTFITTERS' FURNITURE SALE

Sale of High Grade Period Suits. This sale includes suits for Library, Dining Room and Bedroom at price reduction of from 25% to 50%. Every desirable style wood and finish is represented. You must visit our store and see these suits to realize their magnitude and the extremely low prices at which we are selling them. You can arrange payments in small weekly or monthly payments without any extra charges of any kind. No club fees, no interest added.

White Enamelled Bed Reg. Price \$8.50 6.98 Cash or Credit. Large continuous posts. Head and foot white enamel. Handsome of other beds at about half regular price. THIS SALE includes everything to furnish your home complete. Young married couples, particularly should avail themselves of this opportunity to save money. We will gladly start you housekeeping and make payments particularly easy for you. Pay 50c Week For This High Grade Reed Carriage 12.79 Reg. Price \$20.00 4x6 1/2 OIL HEAVY. You can order this carriage or any other article in our advertisement in this issue and pay the first payment on delivery. Full set of body, headboard, footboard, handrails, carriage wheels, large wheels with heavy tires. All articles guaranteed in every respect. No Club Fees. No Interest Added. No Extra Charges.

OUR SPECIAL COMPLETE 2-ROOM OUTFIT, \$89 ALL READY TO START HOUSEKEEPING. COMPLETE 4-ROOM OUTFIT, \$98 Other 2, 3, 4 & 5-Room Outfits up to \$2,500. BUTTER. Soft salt butter, fresh, large blined tins, and large tins, 10 lbs. and 20 lbs. tin. New special price. Reg. Price \$20. 14.38 Cash or Credit.

Pay One Dollar and we will deliver ANY COMPLETE ROOM OUTFIT to your home and let you pay the balance in small weekly or monthly payments. No Club Fees. No Interest Added. No Extra Charges.

Ludwig & Co. America's Greatest Furniture House. 35 to 36 ST. BLOCK 8TH AVE. WE HAVE ONLY TWO STORES In Greater New York. 144-146 W. 125 ST. Between Lenox and 7th Aves.

FREE Beautiful Music Roll Cabinet. ALL CARS TRANSFER TO THE HOME OF TRUTH. Bloomingdale's 59th TO 60th STREET LEX. TO 3D AV. PHONE PLAZA 5900. FREE Beautiful Music Roll Cabinet. Only 4 More Days. Don't delay—Come to Bloomingdales' tomorrow if you want to take advantage of this unequalled opportunity to secure a New, Highly Improved, Fully Guaranteed 88-Note Player Piano. A Magnificent Music Roll Cabinet 12 Rolls of Music of Your Own Selection A Bench, Cover and Free Delivery. THE ENTIRE OUTFIT FOR \$345 NO INTEREST NO EXTRAS. On Terms of \$2 a Week. Nowhere can you secure a Player within \$100 more than the price we quote that will surpass this new improved Player Piano in ease of operation, artistic tone quality and beauty of case design. Although not knowing a note of music, you can actually play this Piano with the perfect technique of a skilled pianist. Being the manufacturers of every Piano and Player Piano we sell, Bloomingdale Brothers are enabled to offer instruments of established reputation at prices minus the middleman's profit. This profit consists of Agents', Dealers' or Teachers' commissions. Our large cash resources and tremendous output give our factory a purchasing power unequalled by any other house. IMPORTANT: There are only 62 more of these Player Pianos available at \$345. We urge you, therefore, to ACT QUICKLY. As a Special Piano Offer We Present a New Style WALTERS PIANO. Great Piano & Player Sale. No Interest \$225 No Extras. On Terms of \$1 a Week. Price includes Stool, Cover and Free Delivery. ALL CARS TRANSFER TO BLOOMINGDALES' 59TH TO 60TH ST. LEX. TO 3D AV.